



# VPSN OCTOBER 2022



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

Check out our Virtual Peer Support Network  
 Open daily 10 to 4. Zoom ID 439 275 1585  
 or click the VPSN logo at [www.mnwitw.org/vpsn](http://www.mnwitw.org/vpsn)

Morning session 10-1, activity/topic from 11:30-12:30  
 Afternoon session 1-4, activity/topic from 2:30-3:30  
 For a list of our supplies for activities, visit our website at [mnwitw.org/calendar-of-sessions](http://mnwitw.org/calendar-of-sessions)

AM: Somali Support Group <sup>1</sup>  
 PM: Uno for Prizes

AM: Chronic Pain & Relationships <sup>2</sup>  
 PM: LGBTQIA2S+ Creative Writing

AM: Paint Along: Fire Tutorial <sup>3</sup>  
 PM: Paint Along: Blue Moon Rising

AM: Farkle for Prizes <sup>4</sup>  
 PM: Ask a Nurse w/ Dawn

AM: Positive Thinking 101 <sup>5</sup>  
 PM: Open Art Studio

AM: Mental Wellness <sup>6</sup>  
 PM: Mexican Legends & Myths Avail. in Spanish

AM: DBT Skills <sup>7</sup>  
 PM: Mental Health in the Oromo Community w/ Guest Speaker Debi

AM: African Culture And Men's Mental Health <sup>8</sup>  
 PM: LGBTQIA2S+ Yahtzee for Prizes

AM: Chronic Pain Support <sup>9</sup>  
 PM: LGBTQIA2S+ Guest Speaker Tim Reardon

AM: Paint Along: Zen Bamboo <sup>10</sup>  
 PM: Paint Along: Acorns

AM: Out of the Box Ted Talk <sup>11</sup>  
 PM: LGBTQIA2S+ Open Mic to Celebrate National Coming Out Day

AM: Budgeting 101- Guest Speaker <sup>12</sup>  
 PM: Halloween Origami

AM: Organizational Tools <sup>13</sup>  
 PM: Conversational Spanish

AM: DBT Skills <sup>14</sup>  
 PM: Peer Networking: Imagining the Future

AM: Somali Support Group <sup>15</sup>  
 PM: Uno for Prizes

AM: Chronic Pain & Boundaries <sup>16</sup>  
 PM: LGBTQIA2S+ Farkle for Prizes

AM: Paint Along: Fall Forest Scene <sup>17</sup>  
 PM: Paint Along: Boho Sun & Moon

AM: Yahtzee for Prizes <sup>18</sup>  
 PM: Let's Talk About Pronouns w/ Guest Speaker Sarah

AM: Therapy 101 <sup>19</sup>  
 PM: Open Art Studio

AM: Mental Wellness <sup>20</sup>  
 PM: Harvest & Seasons in Mexico Avail. in Spanish

AM: DBT Skills <sup>21</sup>  
 PM: What is Asexuality?

AM: African Culture And Adolescent Mental Health <sup>22</sup>  
 PM: LGBTQIA2S+ Farkle for Prizes

AM: Chronic Pain Support <sup>23</sup>  
 PM: LGBTQIA2S+ Guest Speaker Tim Reardon

AM: Paint Along: Jack-O-Lantern <sup>24</sup>  
 PM: Paint Along: Graveyard Ghosts

AM: Out of the Box Ted Talk <sup>25</sup>  
 PM: LGBTQIA2S+ Uno for Prizes

AM: Voting 101 <sup>26</sup>  
 PM: Pumpkin Painting

AM: Organizational Tools <sup>27</sup>  
 PM: Conversational Spanish

AM: DBT Skills <sup>28</sup>  
 PM: Free Naloxone Training- CEU's & Free Naloxone Kit Avail.

AM: Somali Support Group <sup>29</sup>  
 PM: Yahtzee for Prizes

AM: Chronic Pain & Sleep <sup>30</sup>  
 PM: LGBTQIA2S+ Improv

AM: Paint Along: Owl Tutorial <sup>31</sup>  
 PM: Paint Along: Spooky Tree



Check out our Website for additional VPSN Plus Programming, such as our Friday Night Freedom All Recovery Meeting

**FREE For MN Residents Who Are 18 & Older**